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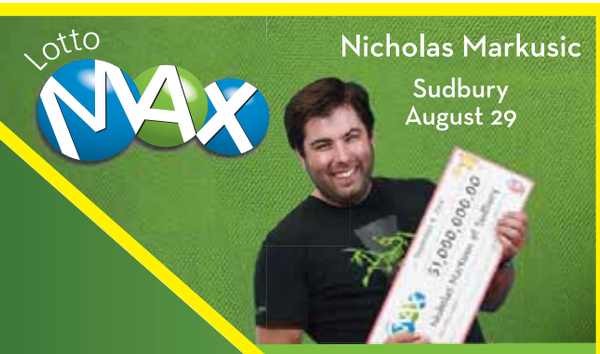

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THAT KIND OF LUXE JUST AIN'T FOR US

LORDE ON TRYING TO STAY HUMBLE IN HER NEW LIFE PAGE 16

Clinic where Ford went for rehab offers cancer checks

Unknown whether mayor went for such services PAGE 4

U.S. seeks united front against ISIS

Secretary of State pushes for allies ahead of conference — especially predominantly Muslim countries PAGE 12

No films this year pass the TIFFing point

Unlike previous years, it's hard to say which movies at the film festival are the Oscar front-runners PAGE 17

NEWS WORTH SHARING.

BASKIN, CHOW PHOTOS: DAVID VAN DYKE/METRO; TORY PHOTO: DAVE STARRETT

metro AR →Scan each candidate's photo using the Metro News app to see who's going to swim, box or campaign to burn off the calories.

#MayorThisBurger

VOTE WITH YOUR TASTE BUDS IN THE METRO-LAKEVIEW BURGER POLL SEE STORY ON PAGE 6

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NEWS

FIVE THINGS YOU NEED TO KNOW TODAY

1
THE HOUSE THAT JILL BUILT
Women Build 2014 is calling on GTA "superwomen" to help build 33 affordable homes. Choose the day and location that works best for you from Sept. 15-21. (womenbuildgta.ca)

2
GOOD CAUSES ON TAP
Meet 15 great causes, enjoy some craft beer and find out how to volunteer using your unique skills at the Craft Your Change event, Tuesday at Beer Academy. (volunteertoronto.ticketleap.com)

3
GOT AN APPETITE FOR DESTRUCTION?
If you missed the wanton destruction in theatres, now is your chance to see it — Godzilla, the giant lizard, is back Tuesday, this time in Blu-ray and DVD.

4
BIGGEST PAYOFF IN GOLF
Billy Horschel capped off the best three weeks of his career with the biggest payoff in golf. With his three-shot victory Sunday in the $1.4-million Tour Championship, Horschel also sealed the $10-million FedEx Cup bonus.

5
ALL HAIL THE NEW CHIEF
Former cabinet minister Jim Prentice is set to be sworn in today as Alberta's new premier. Former premier Alison Redford resigned in March after an expense scandal.

Hospitalized Rob Ford surges in Ward 2 poll

'The Ford name carries a lot of weight.' Barely a day after entering the Etobicoke North race, mayor is the leading candidate

Keeping it in the family

Support for the Ford name extends beyond Ward 2.

- The Forum poll of Etobicoke North voters shows latecomer Doug Ford is their top choice for mayor, with 49 per cent saying they plan to vote for him on election day.

Though Mayor Rob Ford is ailing in hospital amid a serious health scare, a new poll shows he already has a strong lead in the race for the Ward 2 seat.

Some 59 per cent of those polled Saturday in Etobicoke North said they intend to vote for Ford on Oct. 27, well ahead of the main challenger, businessman and community activist Andray Domise, with 26 per cent support.

A random sample of 474 voters in Ward 2 were polled the day after the former mayoral candidate entered the race Friday afternoon. The poll, due in part to the small sample size, has a margin of error of five per cent.

Though Ford was a late addition to the Ward 2 race, his early traction among Etobicoke North voters is no surprise.

"The Ford name carries a lot of weight," said Lorne Bozinoff, president and founder of Forum Research, the firm that conducted the poll. "It is his old ward. He was the councillor there for a long time."

Rob Ford's announcement that he will run in Ward 2 deals a major blow to Domise, who had been trailing even against Michael Ford, the young media-shy Ford nephew with little work or political experience who dropped out of the ward race when his uncle stepped in. Some political observers had regarded Michael as a placeholder all along.

"It's going to be a real uphill battle, and he's got to really think about a new game plan," Bozinoff said of Domise.

"Rob Ford is going to be a very formidable challenger. Even if Rob Ford is too ill to campaign, I think that he will win the seat from his hospital bed," Bozinoff said.

TORSTAR NEWS SERVICE

Hope for Peace: Walk remembers teacher, others lost to violence

Jada Lilly, 11, a Grade 6 student at Lawrence Heights Middle School, shares a laugh with Toronto police Const. Ricardo Burke before the Community Walk of Hope for Peace on Sunday. Friends and family gathered to remember slain teacher Abshir Hassan and other victims of gun violence in the Lawrence Heights area.

TARA WALTON/TORSTAR NEWS SERVICE

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Ford's rehab does cancer screening

Greenstone Healthcare. Clinic mayor entered in May offers addiction rehab, executive health care and 'gastrointestinal' services, like medical endoscopy

The medical clinic where Rob Ford received treatment for drug and alcohol addiction has a subsidiary that specialized in detection of pre-cancer problems, corporate documents show.

GreenStone Healthcare's financial documents show it has received as much as $1.8 million in revenue annually to do colonoscopy and other medical detective work in recent years, with much of that money coming from the provincial health insurance plan.

Whether Ford availed himself of any of that treatment is not known. Ford's staff have not responded to questions about his treatment over the last few days.

After a series of alcohol and drug-fuelled escapades earlier this year, Ford entered rehab in early May. The clinic he chose after checking out several others was GreenStone in Bala, a former resort property now run by Shawn Leon.

GreenStone offers addiction rehabilitation, executive health care and "gastrointestinal services" that include a medical endoscopy clinic. Endoscopy refers to using an endoscope (small camera) to look inside body cavities for polyps or small tumours. A colonoscopy is a form of endoscopy where a camera on a flexible tube travels through the colon looking for polyps that could become cancerous.

"We strongly recommend a screening colonoscopy to check for colon cancer and to treat colon polyps in order to reduce the potential for cancer," reads the GreenStone website.

Ford announced Wednesday evening that he was under treatment in hospital after experiencing stomach pains. He has had a biopsy at Mt. Sinai Hospital in Toronto and is under the care of a colorectal surgeon with experience in colon and rectal surgery. Ford has a tumour in his abdomen but neither doctors or the Ford family have said if it is cancerous or benign.

TORSTAR NEWS SERVICE

Extensive medicals

Patients going in for addiction rehab, as Rob Ford did in May, are all given an extensive medical to determine if they are fit for the addiction rehab process. GreenStone documents state that all new patients in the rehab program are to be assessed to see if they have any other health issues, including chronic pain.

Walk of shame: Here come the Blue Jays

Following a long-held baseball tradition of forcing rookies to wear embarrassing costumes for the final road trip of the season, Blue Jays freshmen, including Marcus Stroman in a wedding dress, take a walk of shame outside the Rogers Centre after Sunday's 6-5 loss to the Rays. More Jays coverage, page 24. BRENDAN KENNEDY/TORSTAR NEWS SERVICE

Bill C-585 could restrict refugees' access to assistance

Corneliu Chisu TORSTAR NEWS SERVICE

A Conservative MP's private member's bill is quietly making its way through the legislature and, if passed, could exclude refugees from accessing any social assistance.

Bill C-585, before Parliament for second reading later this month, would allow provinces to individually impose residency requirements for eligibility for social assistance benefits and restrict access to those benefits by refugees.

The bill was tabled by Pickering-Scarborough East MP Corneliu Chisu as an amendment to the Federal-Provincial Fiscal Arrangements Act, which lays out the terms of the Canada Social Transfer, including funding for services such as post-secondary education, child care and welfare.

Currently, the act stipulates that a province may not impose a minimum period of residency to restrict eligibility for social assistance — or it will risk losing some or all of its social transfer payments. The condition is meant to ensure that a national standard is in place to support those in need of help.

Cuts to refugee system

Although it is not known if Corneliu Chisu's bill has the blessing of his party, critics say the proposed law appears consistent with other changes the Conservative government has made to the refugee system, including cuts to health coverage for refugees.

Embedding such a major change in a private member's bill has irked anti-poverty and refugee advocates because such bills, as opposed to government bills, are less transparent and undergo less scrutiny; they're usually put forward to address issues of regional significance.

"When we first heard about it, we were not sure what the bill meant. It speaks to the way the bill was introduced," said Marie Chen, staff lawyer of the Toronto-based Income Security Advocacy Centre, which is leading a grassroots campaign to lobby MPs to defeat the bill.

Janet Dench, of the Canadian Council for Refugees said: "It is very disturbing. This is a huge concern to our member organizations, which will end up dealing with the consequences."

Chisu, a Romanian-born Canadian, retired Canadian forces major and a first-term MP, was out of town and could not be reached for comment.

TORSTAR NEWS SERVICE

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Chew on this: One burger to rule us all

Select whose sandwich is to your taste, then stuff your face. Metro and The Lakeview restaurant, at the corner of Dundas and Ossington, have partnered to conduct a thoroughly unscientific poll to predict Toronto's next mayor.

PHOEBE HO
for Metro

Four burgers were created by Lakeview chef Randy Hamilton and general manager John Vetere using ingredients that reflect each candidate's personality.

The Metro Burger Poll runs until Oct. 20 — one week before the civic election. Every burger sold is a vote for that candidate.

Metro's national deputy editor, Fernando Carneiro, said Lakeview was chosen because the 24-7 restaurant is a Toronto institution.

Vetere said he hopes the poll will encourage public discourse.

"All of us should be concerned with who our next mayor is," he said. "It's just a great thing for us to do, not that we're advocating for any candidate, but to build awareness and to know what candidates we have in the city of Toronto. It's neat to see what the general public thinks."

See updates daily at metronews.ca/burgerpoll. Don't forget to Instagram photos of yourself with your chosen burger using #MayorThisBurger. It's your civic duty (kind of).

Chef Randy Hamilton presents the four candidates' burgers at The Lakeview restaurant.
PHOEBE HO/FOR METRO

The Lakeview general manager John Vetere explains each burger:

The John Tory Burger

"Blueberry-BBQ mayo, blue cheese and blue corn chips represent the Conservative party. The fried red onion symbolizes what the Blues (Conservative) do to the Reds (Liberals) — fry them."

The Olivia Chow Burger

"The roasted orange pepper symbolizes the NDP party colour, which she represented provincially. The Monterey Jack cheese is in commemoration of her late husband, Jack Layton. And the Chow-Chow Relish is in honour of her name."

The Doug Ford Burger

"Three types of meat (bacon, chicken and beef) as well as the heavy portion of cheddar represent Doug Ford's 'robust' personality. In addition to that, the chicken also symbolizes the high amount of Doug Ford sightings in chicken-serving establishments. The side of gravy represents the concept of the Ford brothers' 'gravy train.'"

The Morgan Baskin Burger

"Is served with Kool-Aid because she's not of legal age to drink.* The Doritos also represent her youth because they are fun and cute. The two vegetarian patties symbolizes the 'healthy' outlook she'll be bringing to city council."

**Actually, Baskin has just turned 19. Feel free to add a shot of vodka.*

PHOTO ILLUSTRATIONS: DAVID VAN DYKE/METRO

Ukrainian city celebrates ceasefire

Violations and tough talk. Government and rebels both say they are regrouping and rearming in case fighting starts anew

Residents wave to pro-Russian rebels riding atop an armoured personal carrier during a parade in Luhansk, eastern Ukraine, Sunday. Some semblance of normalcy is returning to parts of eastern Ukraine after a ceasefire agreement sealed between Ukrainian government forces and separatist rebels this month. DARKO VOJINOVIC/THE ASSOCIATED PRESS

The conflict-wracked eastern Ukraine city of Luhansk, much of which has been without water and electricity for more than a month, had a rare day of jubilation Sunday as rebel fighters paraded military vehicles victoriously through city streets.

Months of daily shelling had reduced the second-largest city held by pro-Russian rebels to a ghost town, silent but for explosions. The jubilation Sunday was half celebration, half simply relief at the reprieve in the violence following a ceasefire agreement signed Sept. 5.

The same wasn't true of the largest rebel stronghold of Donetsk, where fighting around the government-held airport has caught many residential neighbourhoods in the crossfire. The city council of Donetsk confirmed in a statement Sunday that there were civilian casualties, but couldn't specify how many.

Ukrainian National Security and Defence Council spokesman Volodymyr Polyovyi told journalists that government troops had repelled an attack on the airport by about 200 fighters.

Despite repeated violations of the ceasefire and tough talk on all sides, the peace deal has allowed for a return to some kind of normalcy for cities like Luhansk, as shell-shocked residents emerge from the basements where they have been hiding for weeks and come to grips with the damage incurred by nearly five months of fighting.

A Russian aid convoy carrying mainly food arrived in Luhansk on Saturday, and armed men in camouflage on Sunday handed out chocolate, drinking water, soap, toilet paper, diapers and other supplies to a large crowd of residents patiently waiting in line. At a nearby table, war veterans were poured complimentary shots of vodka.

Their efforts appeared as much an aid initiative as a public relations exercise necessary to prop up local support in a city where the rebel presence has caused such intense misery.

As conceded by even one separatist fighter, originally from the Crimean Peninsula, support for the armed rebel movement has been far from universal in Luhansk.

"Many people come to us and ask: 'When will the war end?"' said the fighter.

"Our answer is always the same," he said. "As soon as you get ... off the couch, stop swilling beer and go fight instead." THE ASSOCIATED PRESS

Luhansk

Biker gang leads convoy around city

A group of rebel fighters led a motley convoy made up of Night Wolves biker gang members and several battered military vehicles on a ride through Luhansk at midday.

While a Night Wolves truck modified to look like a wolf leading the column blared out cacophonous heavy metal, vans trailing at the rear played rousing Soviet-vintage military songs.

The caravan toured the city, and residents came out to wave and cheer. As it reached its final destination by the city hall, which had evident signs of a bomb strike, the convoy was greeted rapturously by several thousand people. THE ASSOCIATED PRESS

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Doctor dies of Ebola in Sierra Leone after WHO rejected evacuation request

Outbreak in Africa.
Olivet Buck was denied emergency transport to Germany on Saturday, hours before succumbing to the deadly disease

Provided by Dr. Dan Lucey of the Georgetown University Medical Center, this photo shows a session he supervised to train local health workers in Sierra Leone in how to properly put on and take off equipment to protect against the Ebola virus. Sierra Leone has lost a fourth doctor to Ebola after a failed effort to transfer her abroad for medical treatment, a government official said Sunday. DAN LUCEY/THE ASSOCIATED PRESS

Sierra Leone has lost a fourth doctor to Ebola after a failed effort to transfer her abroad for medical treatment, a government official said Sunday, in a huge setback to the impoverished country that is battling the disease amid a shortage of health-care workers.

Dr. Olivet Buck died late Saturday, hours after the World Health Organization said it could not help evacuate her to Germany, Chief Medical Officer Dr. Brima Kargbo confirmed.

Sierra Leone had requested funds from WHO to transport Buck to Europe, saying the country could not afford to lose another doctor.

WHO had said that it could not meet the request but instead would work to give Buck "the best care possible" in Sierra Leone, including possible access to experimental drugs.

Ebola is spread through direct contact with the bodily fluids of sick patients, making doctors and nurses especially vulnerable to contracting the virus that has no vaccine or approved treatment.

THE ASSOCIATED PRESS

Over 300 infected

Health workers in danger on front lines

More than 300 health workers have become infected with Ebola in Guinea, Liberia and Sierra Leone. Nearly half of them have died, according to WHO.

The infections have exacerbated shortages of doctors and nurses in West African countries that were already low on skilled health personnel.

So far, only foreign health and aid workers have been evacuated abroad from Sierra Leone and Liberia for treatment.

THE ASSOCIATED PRESS

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Federal 'cabinet secrets' protected from public access

Access denied. Info on Viagra, military purchases, rail safety and Canadians' thoughts on chemical weapons programs inaccessible

Prime Minister Stephen Harper.
AARON VINCENT ELKAIM/THE CANADIAN PRESS

Sexual dysfunction in the Canadian military is such a sensitive topic for the Harper government that federal officials have stamped all information related to it as a cabinet secret, never to be publicly revealed.

And there are a few other subjects the federal Conservatives don't want to talk about, such as why their planned $2-billion purchase of armoured vehicles was cancelled, how Canada feels about chemical weapons proliferation or what Transport Canada thought about rail safety criticism from the auditor general.

These subjects have become part of a growing list of routine memos, documents and reports that have been caught in a so-called dragnet of cabinet confidences following a stealthy Treasury Board directive in the summer of 2013.

The policy change now requires bureaucrats to consult departmental lawyers on what constitutes a secret, a decision formerly made by the Privy Council Office (PCO) — the PCO is now only consulted on "complex cases only."

The Canadian Press has found dozens of cases excluded under Section 69 of the Access to Information Act, which gives officials the power to withhold records meant to be seen only by the federal cabinet, such as information pertaining to planned cuts to the 2012 program providing free Viagra to the military. THE CANADIAN PRESS

Downtown Halifax fire forces evacuation

Aerial units work to contain a fire that broke out in downtown Halifax yesterday. The blaze destroyed a commercial building and forced the evacuation of nearby homes. JEFF HARPER/METRO HALIFAX

Feds' critics muzzled?

Academics call for equal tax audits

More than 400 academics are demanding the Canada Revenue Agency (CRA) halt its audit of a think-tank, saying the Conservative government is trying to intimidate, muzzle and silence its critics.

In an open letter, the group defends the Canadian Centre for Policy Alternatives, a left-leaning think-tank that was targeted for a political-activity audit partly because it was deemed by the agency to be biased and one-sided.

The letter says the centre is internationally respected for conducting its research in a "fair and unbiased way," and that its frequent government criticisms do not make it a partisan organization. The group is also calling for a moratorium on political activity audits of think-tanks until the tax agency adopts a neutral and fair process.

The centre is one of 52 being targeted in a $13.4-million program to determine whether any are violating a rule limiting their spending on political activities.

The new audit program has led to what has been dubbed "advocacy chill," as some groups self-censor to avoid aggravating auditors.

Revenue Minister Kerry-Lynne Findlay has said the tax agency's political-activity audits are conducted at arm's length, and agency officials say their targeting decisions are neutral, non-partisan and balanced. THE CANADIAN PRESS

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Quebec takes lesson in separatism from Scottish campaign

Scottish referendum. 'We should have done it before the Scots,' says supporter of Quebec separatism

Quebecers who've spent decades fighting without success to form their own country are now finding themselves living vicariously through the Scots.

As the Scottish referendum nears, the strong push by Scotland's separation movement has been a source of inspiration for Quebec's sovereigntist cause at a time when it finds itself battered and fragmented.

Looking at Scotland, separatist warriors defeated in Canada's referendum battles of 1980 and the nail-biter in 1995 have been reflecting on what could have been.

"We should have done it before the Scots," said Daniel Turp, a senior member of the pro-independence forces during the '95 campaign.

In this 1995 file photo, police watch a fire burn underneath a 'Oui' pro-separatist sign after federalists won the Quebec referendum. TOM HANSON/ THE CANDIAN PRESS/THE ASSOCIATED PRESS

The Scottish Yes campaign will even have a cheering section from Quebec for Thursday's referendum. Turp, as well as members of the PQ and Bloc Québécois, will be among those who plan to be in Scotland on voting day. Quebecers have also been taking notes from Scotland's separatist movement at work.

"If Quebec wants to be a country, it has to put more emphasis on what it will mean to Quebecers rather than just saying that it's only about separating from Canada," said Turp, a constitutional law expert and retired politician who has represented the Bloc and the PQ.

Turp believes the stay-positive approach may have been inspired by direct Québécois advice. In recent years, prominent sovereigntists like Turp and former PQ premier Bernard Landry have met with Scottish National Party officials.

Turp said he and other Yes camp members closely involved in the '95 campaign met with SNP delegates in Montreal in 2011. Behind closed doors in Quebec, the Scots inquired on a range of subjects, including how sovereigntists organized their campaign, made their pitches and planned to acquire international recognition in the case of victory. THE CANADIAN PRESS

Yemen

Rights group calls for investigation

Human Rights Watch urged Yemeni authorities on Sunday to investigate what it called "unnecessary use of lethal force" against demonstrators in the capital. The group said that Yemen's president must hold military and police accountable for loss of life when they opened fire on demonstrators in Sanaa last week. Nine were killed and 67 wounded. THE ASSOCIATED PRESS

Berlin

Merkel leads pro-Jewish rally

Chancellor Angela Merkel led a rally against anti-Semitism in Berlin on Sunday, telling several thousand people that Jewish life is part of Germany's identity and she wants to ensure that Jews feel safe there.

Germany's Jewish community organized the rally after tensions over the Gaza conflict spilled into demonstrations with anti-Jewish slogans. THE ASSOCIATED PRESS

Civil disobedience in China

Protesters stretch out a 500 metre long black cloth during a rally in a downtown street in Hong Kong on Sunday to show their determination for genuine universal suffrage. China's legislature ruled out allowing open nominations in the inaugural election for Hong Kong's leader, saying that would create a chaotic society. Democracy activists in the Asian financial hub responded by saying that a long-threatened mass occupation of the heart of the city will definitely happen. The Chinese characters on the black cloth read 'Civil disobedience'. VINCENT YU/THE ASSOCIATES PRESS

Matthew Miller, a U.S. citizen, sits in the dock at the Supreme Court during his trial in Pyongyang, North Korea, on Sunday. North Korea's Supreme Court sentenced Miller to six years of hard labor for entering the country illegally and trying to commit espionage. KIM KWANG HYON/THE ASSOCIATED PRESS

U.S. man sentenced to hard labour in N. Korea

North Korea. American citizen given six years after 90-minute trial for threatening espionage

North Korea's Supreme Court on Sunday convicted a 24-year-old American man of entering the country illegally to commit espionage and sentenced him to six years of hard labour.

At the conclusion of a 90-minute trial, the court said Matthew Miller, of Bakersfield, Calif., tore up his tourist visa at Pyongyang's airport upon arrival on April 10 and admitted to having the "wild ambition" of experiencing prison life so he could secretly investigate North Korea's human rights situation.

Miller, who looked thin and pale at the trial and was dressed completely in black, is one of three Americans being held in North Korea.

Showing no emotion throughout the proceedings, Miller waived the right to a lawyer and was handcuffed before being led from the courtroom after his sentencing. The court, comprised of a chief judge flanked by two "people's assessors," ruled it would not hear any appeals to its decision. THE ASSOCIATED PRESS

Charges

Miller was charged under Article 64 of North Korea's criminal code after declaring his desire to investigate North Korea's human rights situation upon arrival.

- **Targeting espionage.** Convictions under Article 64 can carry sentences of five to 10 years, although harsher punishments can be given.

Portugal

Bull-run fest still on despite deaths

Portuguese authorities say a Portuguese bull-running festival will continue next week despite the fatal goring of two men by a bull.

Officials said the victims, aged 46 and 27, were taking part in festivities late Friday in Moita, a small town about 30 kilometres south of Lisbon.

At the annual town festival, bulls are set loose in the downtown streets, which are fenced off, and people can run into the street to taunt the animals. Thousands of people attend the festival, which continues Monday. THE ASSOCIATED PRESS

Poached efforts. African reserve's security arrests six suspected poachers

The recent arrests of six suspected poachers on a vast wildlife reserve in Mozambique are seen by conservationists as rare good news in a country where elephants and other species are under extreme threat.

The poaching ring had been operating in the Niassa National Reserve, which is twice the size of South Africa's flagship Kruger National Park.

Niassa's security consists of 200 scouts, a spotter plane and helicopter patrols across the 42,000-square-kilometre park.

Conservationists have struggled to stop annual killing of tens of thousands of elephants by poachers, but are taking steps to beef up security.

"There is no way that we are going to address this problem with a reactive approach," said Alastair Nelson, director of the Mozambique program for the New York City-based Wildlife Conservation Society, which manages the Niassa reserve along with the Mozambican government.

The recent arrests targeted a group from Tanzania believed to have killed dozens of elephants this year.
THE ASSOCIATED PRESS

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U.S. rounds up global powers to plan fight against ISIS

Promises of air strikes but no ground troops. Nearly 40 countries agree to help combat the Islamic State of Iraq and al-Sham (ISIS)

British Prime Minister David Cameron makes a statement to the media on the killing of British aid worker David Haines in Downing Street, central London, Sunday. JOHN STILLWELL/THE ASSOCIATED PRESS

Newly outraged by the beheading of yet another Western hostage, diplomats from around the world are in Paris pressing for a coherent global strategy to combat extremists from ISIS — minus two of the main players and without any ground troops — in a conflict that threatens to spill beyond the Mideast.

U.S. Secretary of State John Kerry has been pressuring allies ahead of a conference Monday to show a united front, especially from majority-Muslim nations, saying nearly 40 countries agreed to contribute to a worldwide fight to defeat the militants before they gain more territory in Iraq and Syria.

The White House said Sunday it would find allies willing to send combat forces — something the United States has ruled out — but that it was too early to identify them. The U.S. has so far been alone in carrying out airstrikes.

Several Arab countries offered to conduct airstrikes against ISIS, according to a State Department official travelling with Kerry who briefed reporters on condition of anonymity to discuss diplomat developments during his trip.

A second official gave some examples of what the U.S. would consider a military contribution: providing arms, any kind of training activity and airstrikes.

Muslim-majority countries are considered vital to any operation, although previously there have been only vague offers of help. Iran was struck off the invitation list, and Western officials have made clear they consider Syria's government part of the problem.

"Ultimately, this is a fight within Islam, within Sunni Islam," White House chief of staff Denis McDonough told Fox News on Sunday.

THE ASSOCIATED PRESS

Quoted

"They are not Muslims, they are monsters."

U.K. Prime Minister David Cameron, on the killing of David Haines, a British aid worker held hostage by militants. Haines was the third Westerner to be killed by the extremists, after two American journalists.

Black market earnings

$3M

ISIS is a magnet for Muslim extremists from all over the world and rakes in more than $3 million a day from oil smuggling, human trafficking, theft and extortion, according to U.S. intelligence officials and private experts.

Palestinian school boys drink iced

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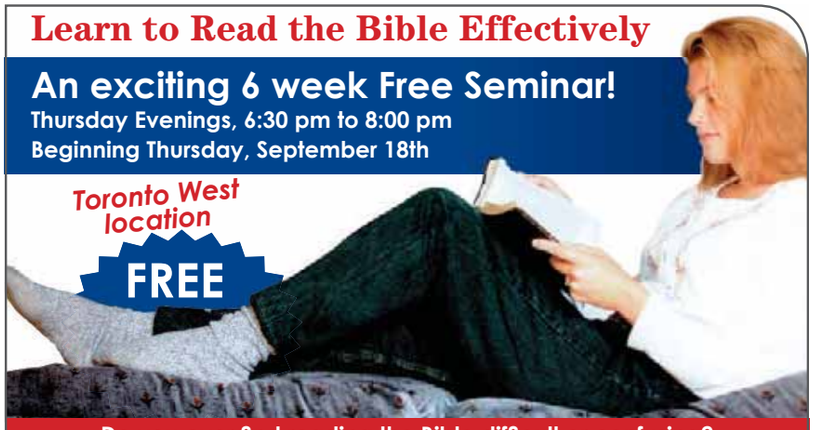

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metro

HUNGRY FOR ELECTION DAY?

We are serving up the Metro Burger Poll in partnership with The Lakeview Restaurant. From **Sept. 15 to Oct. 20** choose your favourite burger based on each of the mayoral candidates and share your photo on instagram using #mayorthisburger.

Will the top burger become Toronto's next mayor?
Keep up-to-date with the Burger Poll @ metronews.ca/burgerpoll

metro LAKEVIEW Burger Poll

Check out the **Metro Burger Poll @ The Lakeview Restaurant** located on Dundas just east of Ossington.

juice as they sit on a damaged wall of a school in Gaza City's Shijaiyah neighborhood, Sunday. KHALIL HAMRA/THE ASSOCIATED PRESS

After war with Israel. Gaza children return to school two weeks late

Some half million Gaza children made a delayed return to school on Sunday after a devastating 50-day war with Israel that killed more than 2,100 Palestinians and damaged hundreds of school buildings.

Gaza Education Ministry official Ziad Thabet said the opening is for 230,000 1st to 12th graders attending public schools, 200,000 going to United Nations-run schools and tens of thousands enrolled in private institutions.

The opening was delayed for two weeks because of damage to schools and the diversion of UN school buildings for use as temporary centres to house tens of thousands of displaced people. Some 50,000 people are still being housed in the UN schools, the UN Palestinian refugee agency said.

Early Sunday the Gaza City streets were crowded with children dressed in a broad array of school uniforms, many accompanied by parents or older siblings.

In the Al-Zaitoun boys elementary school, students pasted stickers with the names of fellow students killed during the war, as teachers struggled to cope with the badly damaged facilities — a hole in a ceiling here, a partially collapsed wall there.

"I'm not as excited coming to school as I was in the past," said student Tamar Toutah, 11. "I feel that something is missing. I asked about my fellow students, but some were killed or wounded."

Thabet said that unlike in previous years the first week of instruction in government schools will be given over to providing psychological counselling and recreational activities to help the war-weary children transition to learning.

"We gave special training to more than 11,000 teachers and 3,000 principals and administrators about how to address students after the war," he said.

Thabet said 26 Gaza schools were destroyed during the war, and another 232 sustained damage. THE ASSOCIATED PRESS

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Open Public Forum: 7:00 p.m. to 9:00 p.m.

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What's in store for Alibaba after IPO?

HOW TO ROLL
Alison Griffiths
metronews.ca

It'll likely take only seconds for investors to fork out a whopping $32 billion US on shares of Alibaba when the Chinese e-commerce gorilla becomes a public company on Friday.

That amount includes some 368 million shares that will be issued with Alibaba's gargantuan, record-setting initial public offering (IPO), plus the nearly 122 million shares that Yahoo Inc. will be selling. Yahoo currently owns 23 per cent of the company.

Founder Jack Ma will be unloading stock, too, though the amount hasn't been established.

If you are hoping to scoop up some shares at the estimated IPO price of $60 to $66, you can forget it. Rumour has it that the entire IPO has been spoken for or "taken up," as they say on the Street. Though you might have a shot at the stock Yahoo and Ma are selling.

Biggest U.S. IPOs ever

- **2014.** Alibaba Group Holding Ltd., $20.1 billion US (expected)
- **2012.** Facebook Inc., $16 billion
- **2010.** General Motors Co., $15.8 billion

Wall Street is positively quivering over expectations of a "pop" or stock surge. The business of The Pop is a stock market sideshow, as investors (read mega-financial firms, institutional investors, etc.) stand to gain billions in the blink of an eye.

Of course, it could go the other way. Remember Facebook's face plant in 2012? The IPO debuted at $38 and quickly dropped by half. Still, the patient money is laughing, as Facebook now trades at nearly $80.

Call me a skeptic, but the numbers are a worry. For example, Bloomberg.com notes that Alibaba's operating income shot up 42 per cent in the second quarter of 2014, more than that of eBay and Amazon combined.

Net income has tripled and profit margins are 54 per cent. Putting the latter in perspective, margins at eBay are nearly 27 per cent while Amazon's are under six per cent.

The skeptical can't help wondering if any company, even one located in the massively expanding Asian market, could actually grow that quickly.

Ma soothed many last week when he noted Alibaba is being listed in New York rather than Hong Kong, because of the far more rigorous U.S. regulations.

That makes me feel better. Wait a minute! What about that little financial collapse on Wall Street in 2008? So much for regulations.

New food magazine

Ricardo cooks up English version

After publishing a food magazine for 13 years in French, Ricardo Larrivée (who writes a food column for Metro News) has launched an English version. THE CANADIAN PRESS

Russian sanctions

Dutch protest with tomato fight

Hundreds of young Dutch men and women turned Amsterdam's central Dam square into a blizzard of red goop on Sunday, as they pelted each other with overripe tomatoes — an idea lifted from Spain's "La Tomatina" festival.

In theory, the event was set up as a protest against Russian sanctions blocking imports of European fresh produce. In practice, most participants turned out to experience the joy of smacking a loved one — or total stranger — with tomato pulp at close range. THE ASSOCIATED PRESS

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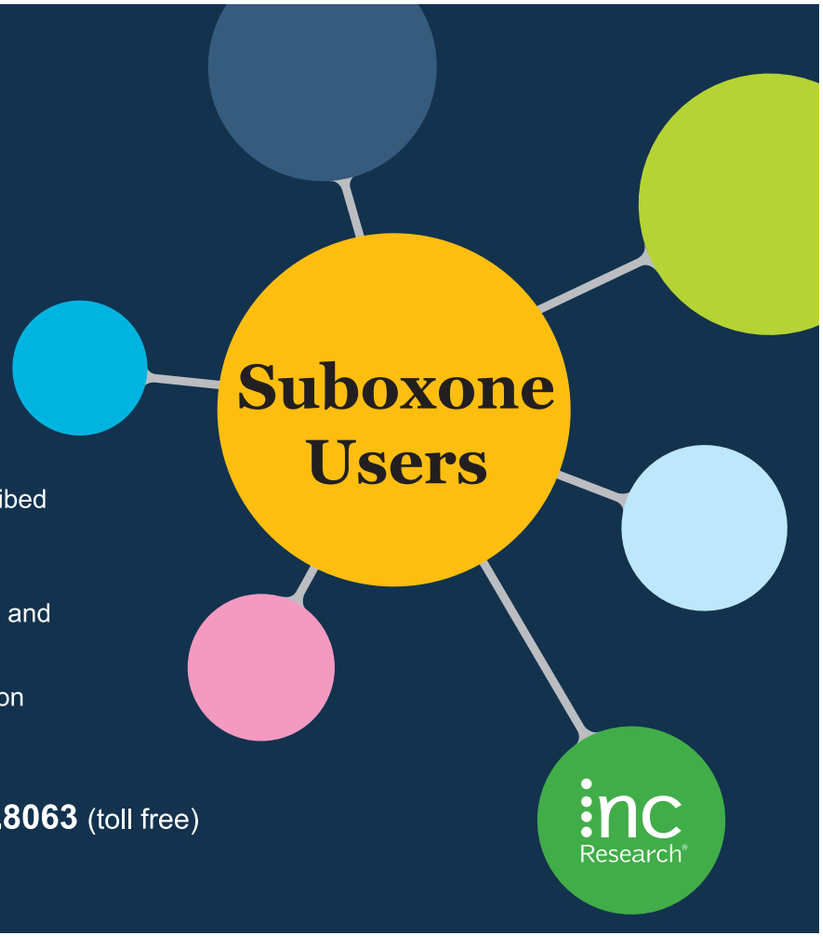

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A SAD, SUDDEN END TO AN EPIC TALE

URBAN COMPASS

Matt Elliott
toronto@metronews.ca

This was not the ending Toronto needed.

Over the last four years, this city has seen so many bizarre twists and sudden turns in the tale of Rob Ford that the story has taken on an epic quality.

It's been operatic. Almost legendary. An international spectacle.

And now it's over. Just like that. Having withdrawn from the race on Friday due to ongoing medical issues relating to a tumour in his abdomen, we know for certain that Rob Ford will not be re-elected mayor on October 27.

It's a sudden and sad end to Toronto's epic political tale. Mostly because it's always sad when someone faces health issues. But let's not kid ourselves: It's also sad because it's the equivalent of Luke Skywalker's final confrontation with Darth Vader never happening because he got taken out by a lucky shot from a random Storm Trooper.

Supporters of the mayor will get no vindication. Detractors will get no catharsis.

Yes, his brother has taken his place in an attempt to prolong the Ford dynasty, but Doug Ford is even more unlikely to win than his brother was. And for good reason.

Rob was always ill-suited to the mayoral job, but Doug is just plain wrong for it.

More bombastic and outgoing, Doug Ford approaches government like a wrecking ball approaches an unwanted old building.

Over the last four years he's frequently been asked to apologize to councillors and staff for making unfounded allegations. At a council meeting last July, he was threatened with removal from the meeting after he suggested the speaker didn't understand English. (She does.)

Rob is no stranger to similar incidents, but at least the mayor had his passion for constituency work — for heading out there and helping people with minor, individual problems — to back him up.

Doug doesn't have the same reputation.

It's that — combined with the temper and inability to work with others — that makes me cast extremely long odds on the Doug Ford mayoral run.

But even if the older Ford brother loses next month, the legend of Rob Ford will endure.

With the city denied the ending it needed, the idea that Rob Ford was a popular political force that could only be stopped by a tumour will get more credence than it warrants. Recent polls showing the mayor losing to John Tory in a walk will be ignored. Should the mayor easily win election to his old council seat, the legend will only grow stronger.

No one should be happy about that. For all his faults, Mayor Rob Ford deserved his chance to stand for re-election, and Toronto deserved its chance to deny it to him. But now neither will happen, and the city is worse for it.

Read more of Matt's blog, Ford for Toronto, at metronews.ca

Honouring Amy Winehouse

A new statue of the late singer Amy Winehouse was unveiled Sunday in Camden's Stables Market, London, England. Three years after her death, the event coincided with what would have been her 31st birthday.
TIM IRELAND/THE ASSOCIATED PRESS

Late, great singer commemorated in bronze in London

Late singer Amy Winehouse has been honoured on what would have been her 31st birthday, with a life-size statue in her beloved Camden Town neighbourhood of north London.

Winehouse's many fans will have no problem recognizing the singer, who is portrayed sporting her distinctive beehive hairdo.

Winehouse's father Mitch Winehouse said Sunday it was "incredibly emotional" to see the statue.

Winehouse died three years ago after battling drug and alcohol abuse.

Her family has set up a foundation to help young people struggling with similar problems. THE ASSOCIATED PRESS

Quoted

"It is like stopping her in a beautiful moment in time.... We really hope Amy's fans love the statue."

Mitch Winehouse

MetroTube

This is what we waited for

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Musician Andrew Huang is saying hello to his German friends, by rolling out a red-balloon-fuelled cover version of 99 Red Balloons by their countrywoman, Nena. The whole thing is a way to promote his tour of Germany, which he's following up with a few stops in England. That means we can look forward to We Will Rock You, played on stones — or Parklife, played spliced together from Hyde Park ranting. (Andrew Huang/YouTube)

Letters

Re: Vancouver feminists up in arms over Naked Sushi, published Sept. 10, 2014 (Naked sushi) is as perhaps as 'ancient' as the Honda civic, but newer than Astroboy. I have never found someone able to prove that the practice existed before the 1980s economic bubble in Japan, where it seems to have spread from Yakuza circles to some male-only executive night outs. Even the 'proof' that it existed in the early 1980s is based on the memory of a single reporter on Yakuza events, who recalled more than a decade later that he had once seen it done then. Before that, I can find no trace of the practice in painting, literature, history, journalism or any other source. So, enjoy your modern Japanese gastrofetish. Just stop trying to give it pastiche of 'ancient', unless by 'ancient', you mean like Duran Duran. **Davi, posted to metronews.ca**

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on the front page, page 15 in Scene and page 25 in Sports.

To see these pages spring to life, download or update the Metro News app and follow these three easy steps:

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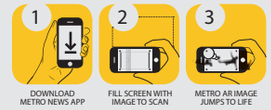

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Pop's new princess still a Lorde at heart

No royal blood. New Zealand teenager talks about her success, her creative impulses and the nature of celebrity

PAT HEALY
Metro Boston

Within the past 12 months, Ella Yelich-O'Connor has watched her debut single reach No. 1 and her debut album go platinum in the United States and New Zealand.

She has also sung a Nirvana song with surviving members of the band and watched Bruce Springsteen cover her biggest hit.

But despite this meteoric rise in popularity, the 17-year-old who calls herself Lorde promises she hasn't caved into the indulgences she criticized in Royals, the song that first put her on the map at this time last year. At least not all of them.

What's the most hypocritical thing you've done with your fame? The first line in Royals is, "I've never seen a diamond in the flesh," but surely you have by now.

Well I have, because my mom got engaged to my dad, so I've seen one of those now.

That's a real thing! She had never had a diamond ring before, so that line was for real!

But to be honest, I try to live as normally and simply as I can, because it's still kind of weird to me all the extravagance you see in this business.

I don't really buy anything. I still think $100 is a lot of money, because it is a lot of money.

It seems kind of crazy to just change your standards and your minimums and maximums just because you have more of stuff.

Do you ever have time to sleep in this new bed?

Yeah, I do. I've probably slept in it like 100 times.

So you haven't trashed a hotel room yet? No Grey Goose or trippin' in the bathroom?

If you haven't heard Springsteen cover Royals yet, scan this photo using your Metro News app to see a video of his performance.

GETTY IMAGES

Not only do I not trash hotel rooms, but I actually try to clean them before I leave. Because I'm like, "Nobody should have to clean up my mess!" so I try to do it a little bit.

Out of all of the experiences you've been a part of in the past year, what stands out the most?

People always ask me that, and I often struggle to find something because when you are in these crazy situations every day, you just have to find a way to make them normal, because if you don't, you're just going to go insane.

But, to me, awards shows are always crazy, like just being at the VMAs.

That, to me, was very much like, "What am I doing here? How come I am allowed access to this room?"

Performing with the surviving members of Nirvana must have been up there.

Oh yeah, for sure! That all happened really fast. I mean, so fast that I didn't even have time to be like, "What am I doing here with St. Vincent, Joan Jett and Kim Gordon?"

It was so amazing. But I'm so thankful that I did it and I was so lucky that they thought of me.

Obviously, Kurt was a big influence on everyone who is modern in music. It was so important, but I didn't even realize that until it was over.

How about Springsteen covering you?

That was like the most amazing thing that has ever happened to me!

Now you're bringing up all of these things and I'm realizing that these were really big deals. I maybe cried and got super emotional. I was like, "It's all coming full circle!"

There's a line in your more recent single, Tennis Court, where you say "Everything's cool when we're all in line for the throne, but I know it's not forever." Are you talking about fleeting fame there?

That line was more in reference to knowing that what I had with my friends and what we had in our hometown that felt like this kind of sanctuary to us wasn't going to last.

But it totally applies to fame as well.

The thing that I try to remember about all of this is — I don't quite know how to say this — it's really clear when you've gone from being someone that people just like a normal amount to being someone that people really, really, really, really like, and make an effort to like, you can see the difference, and you can tell, and it smells funny.

I have a pretty good gauge on what is real and if people are treating me in a real way. And you know, one day, I'm going to make a really bad record and no one's going to like it.

What people can expect for a follow up to Pure Heroine. You've said it's going to be pretty different, but how is that coming along?

To be honest, it's very new. It's so new that I can hardly put it into words.

I really haven't been in the studio, working on it or anything. I've been sort of busy touring and doing the Hunger Games soundtrack and everything.

So that's kind of on the back burner right now.

But as a creative, I'm going to get bored if I do the same thing twice.

So it's like me feeling scared while I'm doing it, but in a good way, not knowing if it's going to fly.

That's when I have the most fun, creatively.

Ebooks

What If?

By. Randall Munroe

Kindle/iBooks/Kobo

MIND THE APP
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Using an imaginative wit and stick figure comics, website xkcd answers people's silly, hypothetical questions about love, gravity, fire tornadoes, and speed-of-light baseballs. It's intelligent, wisecracking science that, unlike most web distractions, actually makes for deep reading. Sure, most of it is online for free but, as a book, it's easier to gift, cherish and encourage Munroe to keep writing.

Married with Children

Bumbling Bud may get spinoff

Much of the Married... With Children cast moved on to big things after the controversial comedy went off the air in 1997.

Ed O'Neill landed Modern Family, Katey Sagal got a big part in Sons of Anarchy, and Christina Applegate has had leading roles in the Anchorman movies and the TV series Up All Night.

Poor David Faustino, who played the hapless Bud, virtually disappeared.

But he might just catch a break, finally.

There's talk that Bud's character might get a spinoff show and Applegate has hinted something is indeed in the works.

"We're going to do something with Dave maybe. I don't know if it will be in character," she told the E! network.

"But I don't really know. I don't know what that's going to be. I don't know if I'm allowed to speak on that at all. So I should probably stop talking about it right now!"

THE CANADIAN PRESS

Oscar contest still anyone's race

People's choice awards

Winning the TIFF people's choice award has often meant a shot at best picture, if not the big prize itself. Last year's 12 Years a Slave went from Toronto to Oscar, following in the footsteps of The King's Speech, Slumdog Millionaire and American Beauty. So does that mean that this year's winner, The Imitation Game, has some high hopes for Oscar? It certainly does now. Fire up the jets, Mr. Weinstein.

- **People's choice award.** The Imitation Game
- **People's choice award for documentary.** Beats of the Antonov
- **People's choice award for midnight madness.** What We Do in the Shadows
- **Best Canadian feature film.** Bang Bang Baby
- **Best Canadian first feature film.** Felix and Meira
- **Best Canadian short film.** The Weatherman and the Shadowboxer

TIFF. While 2013's fest made it clear who would be Academy darlings, this year's instalment hasn't given us any sure front-runners

NED EHRBAR
Metro World News in Hollywood

Actor Eddie Redmayne, director James Marsh and actress Felicity Jones attend The Theory Of Everything premiere at TIFF. GETTY IMAGES

This year's Toronto International Film Festival closes without the satisfying sense of certainty that had become a mainstay in recent years. Last year, for example, many critics left Toronto feeling there was no chance 12 Years a Slave could lose the best picture race or Matthew McConaughey wouldn't be an Oscar-winner for Dallas Buyers Club, and look what happened there.

But for 2014, TIFF didn't so much kick off the Oscar race as it nudged it into existence. Several performances have electrified audiences and started awards speculation, but most best picture contenders are coming out of the festival with their prospective nominations endorsed less by fists in the air than by shrugs — and that's even taking into account the big win in Toronto for The Imitation Game. It really is still anyone's game.

Oscar chances

This year's early awards speculation at TIFF was much more about performances than films, with two clear early favourites. Eddie Redmayne offers a transformative, career-defining performance as Stephen Hawking in The Theory of Everything, prompting conversations to quickly turn from whether he'll be nominated for an Oscar to whether he'll win. And Julianne Moore's turn as a woman with early onset Alzheimer's looks to be likely to nab her that long-deserved trophy. For actors, there were plenty of other performances of note to give Redmayne some competition. He appears to have a natural rival in Benedict Cumberbatch, playing Alan Turing in The Imitation Game, and Jake Gyllenhaal may have his first real crack at Oscar gold since Brokeback Mountain with his chilling work in Nightcrawler. As for the Cannes favourite Foxcatcher, the big debate there is how to divide up its three stars — Steve Carell, Channing Tatum and Mark Ruffalo — for awards consideration so they don't get in each other's way. Carell, by the way, has the slight edge on his co-stars.

More coverage

Visit tiff.metronews.ca for more coverage from the closing weekend of TIFF.

On the actress side, previous Oscar winner Reese Witherspoon's performance in Wild seems like a safe bet for a nomination at least, and debate has already begun as to whether Felicity Jones' work in The Theory of Everything as Stephen Hawking's steadfast wife should earn her a nomination in the supporting or lead category. And if the film gets the attention it deserves, any of the three outstanding actresses from The Keeping Room — Brit Marling, Hailee Steinfeld and Muna Otaru — could have a busy awards season.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Ariana has a Grande list of off-limits interview topics

STARGAZING
Malene Arpe
scene@metronews.ca

Subjects not allowed when interviewing Ariana Grande include dating, ex-boyfriends, her work on Sam & Cat, her co-star on Sam & Cat, and working with Justin Bieber. I don't blame her and have no doubt her fans would rather hear what she has to say about the Dow Jones and cod.

Cara Delevingne gets a tattoo of the word "bacon" on her foot. Bit of a mix-up. It was supposed to say "grumpy model" but the tattoo artist is a bad speller.

Kim Kardashian says that both Pharrell and Anna Wintour encouraged her and Kanye West to name their daughter North. That explains why Pharrell and Anna Wintour knowingly wink at each other each time they meet.

When Prince Harry turns 30, he and Prince William will inherit their mother's wedding dress. That's not slightly creepy at all and here are some ideas for what to do with it: 1) Make 200 placemats. 2) Donate the fabric to a struggling parachute factory. 3) Put it in the attic, never open the box and walk around it without admitting you're walking around it every time you're fetching something else.

Beyoncé and Jay-Z

Maybe a baby will quiet Bey and Jay breakup talk?

Divorce rumours were apparently just a summer thing, as Jay-Z and Beyoncé have a new look for fall: pregnancy talk! The rapper has launched new rounds of bun-in-the-oven speculation after a recent Paris concert where he changed one of the lyrics in Beach is Better to say, "'Cause she pregnant with another one."

Sneaky one, that Jay-Z. But according to OK! magazine, there's more than hidden messages in songs going on. "For the last month, Jay has been fiercely protective of her, just like he was when she was expecting Blue Ivy," a source says. "He's been doing everything he can to ensure that Bey is in a stress-free bubble. He's informed their entire entourage that they need to use relaxed voices, mellow lighting and listen to only soft music, and he's said that all of the food Beyoncé eats should be organic. He's really doing his best to make sure that she's as comfortable and healthy as possible."

Clooney makes his TV comeback with Downton Abbey cameo

George Clooney

Get the extra fainting couches out of storage, Mr. Bates. George Clooney is coming to Downton Abbey. A spokesman for the hit ITV series confirms that Clooney will make an appearance in a short sketch for the annual charity drive Text Santa, airing near Christmas. Clooney will reportedly play a wedding guest, though it may be tough for North American viewers to get a glimpse since the sketch won't air on this side of the pond.

METRO CUSTOM PUBLISHING

Untapped potential

Step outside the path to discover Toronto's hideaways

ISTOCK PHOTO

Even for jet-setters, sometimes the greatest source of inspiration is right here at home.

"In a city as big as Toronto we sometimes get stuck in our comfort zone and forget to explore what the rest of the city has to offer," says Bryan Brock, from 1 Love T.O. "Toronto is filled with so much potential, not only the people, but the places."

And Canadians agree with this sentiment — 98 per cent say our own cities and hometowns are great places to start finding inspiration.

That's why American Express Canada recently worked with bloggers and other residents of Toronto to crowdsource the city's undiscovered gems, and unveil them in an interactive map for locals to fuel their own journeys into the perhaps lesser known corners of the city.

1 Love T.O. focused its submissions on fun, fashion and food:

1 High Park. A first-choice pick of the blog, this urban oasis offers a break from the daily grind. "You can't help but be inspired when you're surrounded by Mother Nature," Brock says.

2 Village of Yorkville Park. "We love to people watch," says Brock, citing this neighbourhood park as a fashion haven. "On any given day you can pull up a chair, or find a spot on the giant rock in Yorkville Park and you'll see all different types of style."

3 St. Lawrence Market. Brock also says strolling through the Saturday farmers' market's wide variety of food stalls helps him find inspiration. This more than 200-year-old market is packed with 120 vendors, merchants and artisans.

These three picks are just a taste, with American Express Canada's full interactive map including everything from Cherry Beach to Evergreen Brickworks to the Knox College courtyard.

"We are thrilled to see how passionate Torontonians are about their city — Canadians really are interested in untapping the potential of the places they live to enrich their lives," says David Barnes, vice-president, advertising and communications, American Express Canada. "We hope this map will continue to motivate Canadians to seek out the city's hidden gems."

To find inspiration for reading, music, fashion, cooking, and wellness, head over to the #InspiredBy tab of the American Express Canada Facebook page at facebook.com/AmericanExpressCanada.

You gotta fight now to save for your right to party after you retire

What's your future plan? Cut costs now to set money aside for a comfortable retirement

GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Visit the salon less often and sock away the difference for retirement. COLOURBOX

Imagine you've retired. There. You're done working. Now you have all the time in the world to do all the things you've always wanted to do. You can sleep in late. You can have lunch on the deck, take a stroll to the park, volunteer at your local school or hospital. There's time to knit, time to garden, time to putter around in the workshop or craft-room.

It's nice to paint pictures of what life will be like when we get to the stage where we can do what we want when we want. No more boss. No more nine to five. No more paycheque.

Yeah, that's a fly in the ointment isn't it? It will be if you haven't given any thought to how you'll pay for life when the paycheques stop showing up.

One of the biggest challenges for the young-and-just-getting-started is finding the balance between setting money aside for the future and all the other stuff competing for attention. The student loan has to be paid off, there's a wedding to plan, and a down payment is a priority. Besides, retirement is decades away.

Dollars and per cents

You do have time. Unfortunately, the longer you take to start saving, the more you'll have to sock away. Start in your twenties and you can save as little as six per cent of your income. Wait until you're in your thirties and you'll have to jack it up to 10 per cent. Delay until you're in your forties and you'll need to squeeze 18 per cent out of cash flow to save enough to retire.

Ways to cut costs

Finding ways to cut costs so you have the money to save is as easy as increasing your insurance deductibles. Would you really make a claim on your car insurance for under $2,000? Do you know what that would do to your premiums? Same goes for similar claims on home insurance. Combine your home and auto insurance and save up to 15 per cent. Raise your car insurance deductible to $2,000 and watch your premium drop. Stick the difference into your emergency fund until you've saved your deductible. Once that's done, send the extra money to your retirement savings.

Small changes can add up to big savings

Small changes can mean huge savings over the long term. Switch to an accelerated weekly or bi-weekly payments on your mortgage. You'll make the equivalent of one extra monthly payment every year, which could save you four years' worth of interest. And since that extra payment is spread over the whole year, your cash flow never feels pinched.

If you have kids, don't ignore the free money. When you put money into a Registered Education Savings Plan, the government gives you money to help with your child's education. If you put $2,500 in the plan for little Susie, the feds will add $500. That's an immediate 20 per cent return. Hey, the less you have to fund Susie's education from your own pocket, the more you can sock away for your own future.

Use your RSP tax savings smartly. Pay down your mortgage; the objective should be to get to retirement debt free. Boost your next RRSP contribution so you save even more on taxes. Or use your savings to max out your Tax Free Savings Account.

Get thrifty

Find 10 bucks here and 20 there to sock away each month. Think about extending the time between when you do routine things: Get your hair coloured/cut/relaxed every six weeks instead of every four, cut back on your lawn maintenance/home cleaning service from once a week to once every two. And then there are the frivolities you'll want to eliminate completely: Borrow your books and magazines at the library instead of buying them, borrow DVDs from friends and family, and learn to shop in the thrift stores.

The closer you get to boarding the retirement train, the more prepared you need to be to deal with the changes. Perhaps the best way to save for the future is to practise living as if you're already retired. What better way to see how the retirement shoe fits than to try it on? Figure out how much income you will have and use that to calculate what you'll spend for expenses like food, entertainment, utilities, clothes, gifts, cable/cell, and travel. Use the money you're no longer spending as a last big push to boost your savings for the future.

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Money 101. Two couples, one year to make them richer

Heading toward the savings finish line

In January, two Canadian couples took on the challenge to make over their finances and, together, they have improved their net worth by nearly $75,000. I have coached each couple about homebuying, debt reduction, living a frugal life and making savvy investment choices. These Metro Money Couples have three months left to achieve their 2014 goals. Watch their progress as they head toward the finish line. – *Lesley-Anne Scorgie*

As they continue to save more money, Anne-Marie and Peter's desire to own a home grows stronger. SHUTTERSTOCK

To boost their cash flow this month, Jose will be selling his car. SHUTTERSTOCK

Anne-Marie and Peter

Since January, Anne-Marie and Peter have improved their net worth by more than $44,000 thanks to major efforts towards debt reduction and a strong investment performance.

As the couple has become more financially confident, the desire to own a home has been growing stronger. Ideally, the couple would like to purchase a newer two-bedroom, two-bathroom condo or townhome priced less than $500,000 in the same Toronto neighbourhood in which they currently rent. This will require them to pull together a down payment of at least five to 10 per cent of the value of the home. For a $500,000 home, that equates to $25,000 to $50,000.

Anne-Marie and Peter plan to use the RRSP Homebuyer's Plan for part of the down payment. This program allows eligible first-time homebuyers to borrow up to $20,000 from their individual RRSPs for the down payment. But Anne-Marie and Peter only have $11,400 combined in their RRSPs and will likely need to borrow money from family for the remaining portion. As part of this month's homework, the couple will begin developing a plan to build up their down payment as quickly as possible.

Anne-Marie and Peter recap

- Location: Toronto
- Ages: 37 and 33
- Occupations: Broadcasting and sports editing
- Total household income: $110,000
- Life stage: First child arrived in May
- Financial savvy: Medium to high — they use budgets, have retirement savings, and are committed to paying off debt
- Rent or own: Rent
- Top goals for 2014: Pay off debt, start an RESP, and begin saving a down payment
- Current net worth: $110,000
- Homework from last month: Meet with a licensed life insurance broker and investment adviser

This month Anne-Marie and Peter began the process of interviewing investment and insurance advisers. In order to find the right adviser, the pair is working through a basic checklist:

• Get referrals from trusted sources;

• Interview at least two to three advisers;

• Inquire about how each adviser plans to manage the investment portfolio and insurance needs;

• Determine the fees and associated level of service;

• Listen to their gut instinct. If the adviser is attentive and has a good track record of success, it's an excellent sign.

Anne-Marie and Peter have also gotten creative about improving their incomes.

Peter works in publishing and is hoping to publish some of his personal literary work in exchange for a publishing advance and royalty payments. Anne-Marie is also considering tutoring children in French once she finishes maternity leave.

Homework

Develop a plan to save a down payment and continue the hunt for an investment and insurance adviser.

THE NAMES OF BOTH COUPLES HAVE BEEN CHANGED TO PROTECT THEIR PRIVACY.

Carolina and Jose

Through a home purchase, frugal living and debt repayment, Jose and Carolina have improved their net worth by nearly $30,000 since January.

Hampering their financial excitement, new homeowners Jose and Carolina were victims of Calgary's recent snowstorm. Many tree branches fell on their roof, causing damage and killing their largest tree. Despite insurance coverage, the estimated cost to repair the damage could be upwards of $1,000.

However, since adopting the two-third, one-third rule where the couple regularly applies two-thirds of their disposable income (money left over once all their bills have been paid) towards debt and one-third towards savings, they are in the fortunate position to handle the cost of the repairs.

To boost their cash flow this month, Jose will be selling his 15-year-old car for approximately $1,500 and relying on his company vehicle for transportation. Again, using the two-third, one-third rule, the couple will apply the majority of the money towards their line of credit balance, which is their highest interest debt.

Jose and Carolina continue to explore opportunities to grow their incomes. Carolina has begun advertising her crafting creations through social media and landed her first two presales. She also plans to post online classified ads for piano lessons at $35 per hour. Jose has armed himself with market data on competitive salaries for safety co-ordinator positions in Calgary, and plans to use this information in his upcoming salary review.

Jose is also working through a negotiation for compensation from a photography business of which he was a former partner. Sadly, Jose is learning a huge lesson through this process — without an executed contract that clearly defines roles, responsibilities and compensation, it's unlikely he will receive anywhere near the settlement for which he had been hoping.

Carolina and Jose recap

- Location: Calgary
- Ages: 33 and 32
- Occupations: Stay-at-home mom and roofing
- Total household income: $62,000
- Life stage: Three daughters, aged five, three and one
- Financial savvy: Medium — they have established a budget, purchased a home, are very frugal, and have no retirement savings
- Rent or own: Own
- Top goals for 2014: Pay off debt, buy a house, and visit family
- Current net worth: – $4,100
- Homework from last month: Establish RRSP accounts, review market salaries for Jose's profession, and negotiate compensation for past freelance work

Homework

Begin exploring more investment options.

LESLEY-ANNE SCORGIE IS A COLUMNIST WITH METRO, FINANCIAL COACH AND BESTSELLING AUTHOR OF WELL-HEELED.

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Hold meetings like nobody's business

Let's talk. Eight ways to save time and get more done during a business meeting

LAKSHMI GANDHI
Metro in New York City

Tired of listening to your colleagues yammer on during meetings? Authors Dick and Emily Axelrod say there should be a limit to how long anyone can speak. COLOURBOX

You're at a meeting inside your office's conference room. You most likely feel:

a) bored out of your mind

b) confused as to what the point of the discussion is

c) annoyed that you were pulled away from your desk

or d) a combination of all of the above.

If there's one thing most office workers have strong opinions about, it's unproductive meetings. But despite all of the evidence, little has been done to change the way most companies conduct business. We recently chatted with consultants Dick and Emily Axelrod about their new book, Let's Stop Meeting Like This: Tools to Save Time and Get More Done, and what managers can do to fix common issues.

Stay on track with a schedule

"There should be ground rules for how long anyone can speak," says Emily. Having a designated timekeeper who makes sure things stay on schedule and helps moderate discussions can make a big difference.

Make it a point to get everyone comfortable

"You want everyone to feel connected and have a collaborative space," says Dick. "If there are new people, then you really have to have time for people to get to know each other."

Give everyone a chance to speak

Letting one person dominate a meeting is a recipe for disaster. "One thing to do is to institute a rule that says, 'Before we discuss anything, we should go around the room so that everyone has time to speak,'" advises Dick.

Be clear about the purpose

"It's important to ask, 'What are we trying to create here?'" says Dick. "When you know where you are and what you want to create, you begin to see things that you didn't see before." One big complaint the Axelrods hear about meetings is that they often go off-track, wasting the time and patience of employees. "We had one person say, 'All my boss talks about is his family during the meeting and we have to stay and listen,'" Dick says.

Know what a successful meeting looks like

Managers, says Dick, should work to make sure that employees "leave a meeting feeling that it was time well spent. There should be a little challenge," he continues. "People should feel that they learned something new. What you don't want is a meeting where you're sitting there thinking, 'All of my work is piling up on my desk.'"

Build in breaks so people can check their phones

On the other hand, sometimes there are simply long meetings that everyone must attend. In those cases, Emily recommends working five-to-10-minute breaks into the schedule to ensure that you have everyone's focus while the discussion is going on.

Timing is everything

Do you have a complicated rule change or proposal that you have to roll out soon? "If it's a content-heavy meeting, morning is a good time," says Dick. "Afternoon is the time for meetings that require lots of activity."

Let anyone who seems bored or distracted leave

The Axelrods say they once had a client who made all meetings voluntary because he was tired of dealing with employees who looked distracted or bored or were constantly on their phones. "If he gets the idea that they'd rather be somewhere else, he just asks them if that's the case," says Dick. "He trusts that people know how to manage their time."

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Fire up the barbecue one last time

Grilled Chicken and Peaches. Summer isn't over quit yet

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

FLASH FOOD

From your fridge to your table in 30 minutes or less

By the end of the summer, it may feel like you've exhausted cooking up plain old grilled chicken on the barbecue.

Liven up your poultry by trying this delicious peach glaze with ripe grilled peach halves.

Always be sure to cook chicken right through until the internal temperature reaches 165 F. I like to use an electronic temperature device, which saves you from having to open and close your barbecue hood, keeping the temperature consistent.

It's best to start brushing the glaze over top when the chicken is close to finished cooking to prevent the meat from burning or catching fire.

When it comes to selecting peaches for grilling, I recommend freestone peaches rather than the clingstone, as they are easier to separate from the pit when slicing and are delicious when eaten on their own.

This recipe serves six. ROSE REISMAN

Ingredients

Peach Glaze
- 1 cup peach jam
- 1 1/2 tbsp olive oil
- 1 tbsp light soy sauce
- 1 tsp Dijon mustard
- 1 tsp chopped garlic
- 1 tsp minced jalapeno
- Salt and pepper

For the Grill
- 6 boneless single chicken breasts
- 3 ripe peaches cut in half, pit removed

Garnish
- 1 tsp toasted sesame seeds

Nutritional information

Per serving:
- **Calories.** 430
- **Carbohydrates.** 42 g
- **Fibre.** 1 g
- **Protein.** 28.2 g
- **Total fat.** 5.5 g
- **Saturated fat.** 0.4 g
- **Cholesterol.** 68 mg
- **Sodium.** 77 mg

Directions

1. Combine all ingredients for glaze in small bowl. Divide in half.

2. Brush chicken with half of the glaze.

3. On barbecue, grill chicken breasts just until temperature reaches 165 F or no longer pink inside, about 15–20 minutes, brushing continually with glaze near the end of the cooking time.

4. During the last 5 minutes of grilling, place peach halves on barbecue and grill on both sides until tender.

5. Serve chicken with grilled peaches and remaining half of peach glaze. Garnish with toasted sesame seeds.

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Blue Jays right fielder Jose Bautista reacts to a fan catching a fly ball in play in the eighth inning on Sunday at Rogers Centre (the play was reviewed and ruled an out). After Sunday's loss, the Jays sit four games back of the final American League wild-card spot with 14 games remaining. ABELIMAGES/GETTY IMAGES

Rays take shine off September magic

MLB. After epic comeback thwarted in extra innings, Jays' outlook starting to dim

Despite losing two of three to Tampa over the weekend, the Blue Jays are not mathematically out of post-season contention just yet. They have a chance — four per cent, according to projections calculated by Baseball Prospectus.

If the Jays are going to keep those slim playoff hopes alive, they will basically need to sweep Baltimore and New York on the road this week and then hope that Seattle, Kansas City and Oakland play worse than .500 baseball.

"We need help from other teams," Mark Buehrle admitted after Sunday's 10-inning, 6-5 loss to the Rays. "But at the same time we've got to worry about ourselves and try to win the games we're playing."

The Jays' strong start to September has allowed them to hang on at the margins of the playoff race. But at some point they will need to make up ground.

Baltimore's 11-game lead atop the division is too much to overcome, so this week is all about chasing a wild-card spot. With 14 game remaining, the Jays sit four games back of Kansas City and Oakland who hold the two AL wild card positions.

TORSTAR NEWS SERVICE

On Sunday

Rays	Blue Jays
6	5

Jays break in 10th

Sean Rodriguez's sacrifice fly in the 10th inning gave Tampa Bay the 6-5 win as the Rays recovered from blowing a 5-1 lead Sunday.

- The Jays were down to their last strike when pinch-hitter John Mayberry Jr. hit a solo shot to send the game into extra innings tied 5-5. But after the hard work in the ninth, the Jays laid an egg in the 10th. THE CANADIAN PRESS

Davis Cup

Canada rumbles past Colombia

Milos Raonic did just what was expected of him.

The Thornhill native won both his singles matches in a playoff tie with Colombia, including the clinching match on Sunday, as Canada stayed in the Davis Cup World Group for the fourth straight year.

Raonic, No. 7 in the ATP singles rankings, beat Santiago Giraldo 6-1, 7-6(2), 7-5 in front of a spirited crowd at Halifax Metro Centre. The win gave Canada a 3-1 lead in a best of five tie, and secured Canada's spot in the World Group for 2015.

THE CANADIAN PRESS

Milos Raonic beat Colombia's Santiago Giraldo on Sunday in Halifax. THE CANADIAN PRESS

MLS

"They put referees out there that are just in over their heads. It's a shame because they ruin games, they totally determine the outcome of the games."

Toronto FC midfielder Michael Bradley on the officiating after Saturday's 1-1 draw with Chicago Fire. TFC had trailed 1-0 until the 89th minute when Dwayne De Rosario tied the game at Toyota Park. Shortly after, in extra time, it looked like Gilberto scored the winner from the goal area but referee Dave Gantar waved it off, calling a foul on the TFC striker.

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Spiller, Watkins lead Bills' flattening of Fins

NFL. Clemson Connection shows off big-play ability in Buffalo's home opener

C.J. Spiller gave a knowing wink when assessing the impact the Buffalo Bills' dynamic "Clemson Connection" made in a home-opening 29-10 win over the Miami Dolphins on Sunday.

"Yeah, that's what we do," Spiller said. "The only thing I was thinking was, 'Man, what we could've done if we played together in college.'"

Spiller, the Bills' 2010 first-round pick out of Clemson, scored on a 102-yard kickoff return on the team's first touch of the ball in the third quarter. And first-round pick Sammy Watkins, the latest Tigers player to join Buffalo's ranks, capped the next drive with a 12-yard touchdown catch.

The Bills' C.J. Spiller returns a kickoff 102 yards for a touchdown against the Dolphins on Sunday in Orchard Park, N.Y. VAUGHN RIDLEY/GETTY IMAGES

The Dolphins (1-1) had no answers against their AFC East rival. Worse still, Miami sustained a potentially big blow when running back Knowshon Moreno, a key off-season addition, did not return after hurting his left elbow 11 minutes in.

The Bills provided electricity to a charged-up crowd during a week the franchise celebrated its proud past and promising future.

The game began with a tribute to Hall of Fame owner Ralph Wilson, who died in March. And it came during an uplifting week in which the franchise's long-term future was essentially secured: Wilson's trust reached a "definitive agreement" to sell the team to NHL Buffalo Sabres owners Terry and Kim Pegula for an NFL-record $1.4 billion.

THE ASSOCIATED PRESS

Around the league

Redskins 41, Jaguars 10. Robert Griffin III dislocated his left ankle, then Kirk Cousins stepped in. He completed 22 of 33 passes for 250 yards and a pair of touchdowns in Washington's big win.

Chargers 30, Seahawks 21. Antonio Gates' three touchdown catches led to San Diego upsetting the defending Super Bowl champion.

Americans dunk another one

United States players celebrate their victory after winning the final of the FIBA World Cup against Serbia in Madrid, Spain, Sunday. The U.S. clobbered Serbia 129-92. Scan the above photo with your Metro News app to view a gallery of the U.S. win in Spain.

DANIEL OCHOA DE OLZA/THE ASSOCIATED PRESS

EPL

Man United in the win column after routing QPR

Manchester United ended its winless start to the Premier League season in emphatic fashion on Sunday, beating Queens Park Rangers 4-0

Angel Di Maria and Ander Herrera scored their first goals for United, Wayne Rooney and Juan Mata added others and Radamel Falcao had a 23-minute run-out as a substitute for his debut.

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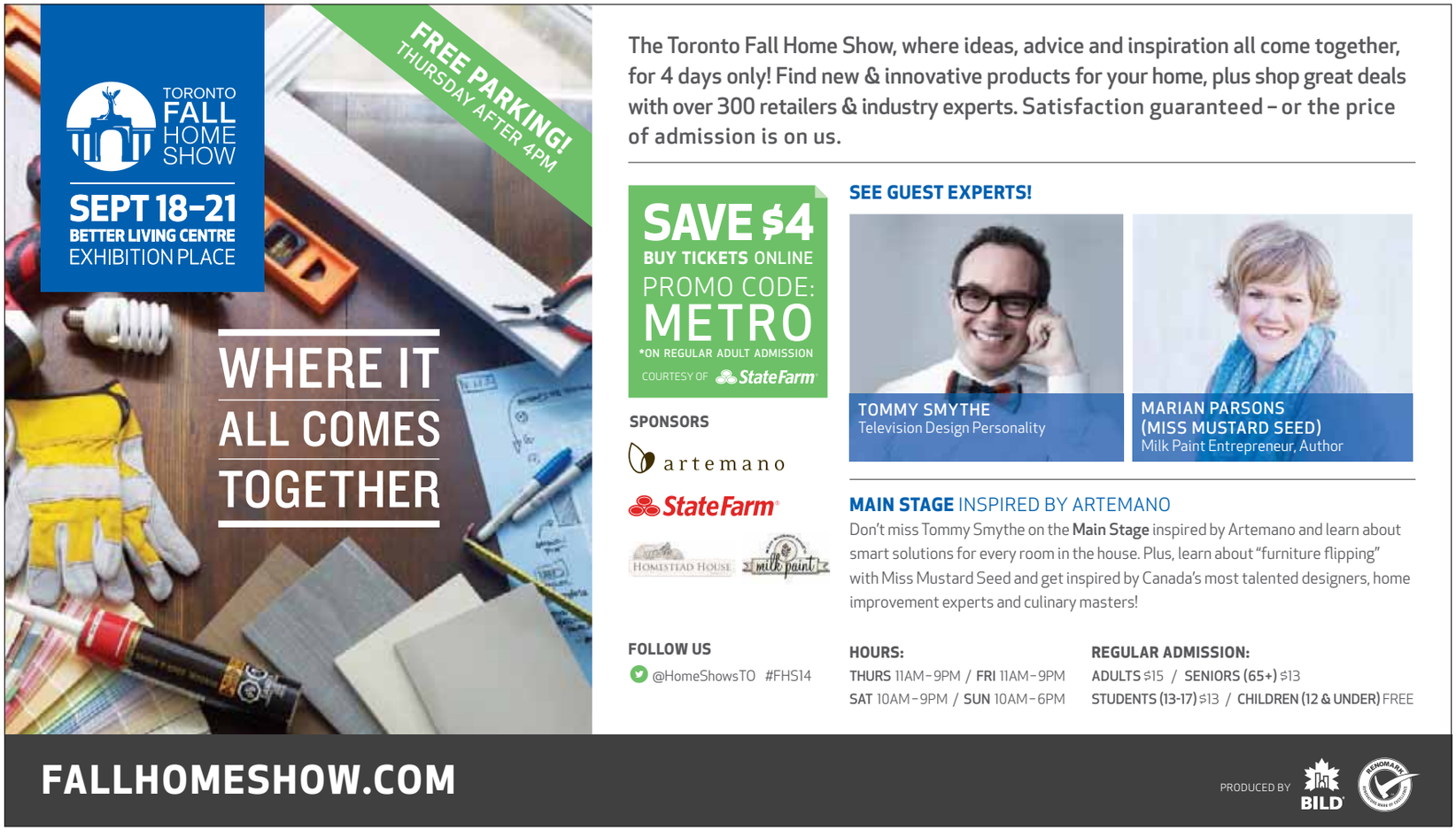
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AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

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→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
The final piece of a puzzle you have struggled with will fall into place over the next few days. Once you can see the entire picture, you will know why it took so long to make sense.

♉ Taurus
April 21 - May 21
While something may seem obvious to you, others may struggle to understand what you are talking about. Explain in plain and simple language.

♊ Gemini
May 22 - June 21
You may have to devote the daylight hours to work-related matters but once the Sun goes down your thoughts will be on having fun.

♋ Cancer
June 22 - July 23
According to the planets you should follow a course you have navigated profitably before rather than set out in a new direction. There is no need for any type of major change.

♌ Leo
July 24 - Aug. 23
You can sense that something is wrong and you know better than to ignore your instincts. Take the initiative and act immediately on your suspicions.

♍ Virgo
Aug. 24 - Sept. 23
You may not understand how your mind has arrived at a certain conclusion but deep down you know it is the right one for you. Come the end of the week it will make sense.

♎ Libra
Sept. 24 - Oct. 23
Try not to criticize yourself. If you made a mistake of some kind then learn from it quickly and move on. Today's failure can be tomorrow's success.

♏ Scorpio
Oct. 24 - Nov. 22
Think positively about what you are required to do by people in positions of authority. It may not be what you want to do but the bottom line is they have the power and you do not.

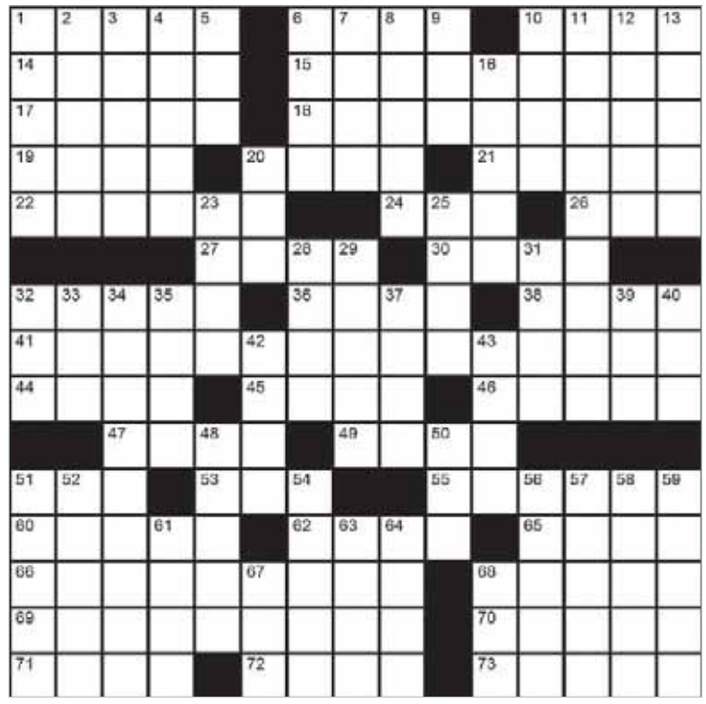
♐ Sagittarius
Nov. 23 - Dec. 21
You know a good thing when you see it and what you see today will get your mind racing. How can you make it work for you? Don't let others tell you it's selfish to think that way. It's just common sense.

♑ Capricorn
Dec. 22 - Jan. 20
Why are you worrying for no good reason? Planets suggest that nothing will happen without your say-so, so try not to be so defensive about life.

♒ Aquarius
Jan. 21 - Feb. 19
Don't be judgmental of people whose lifestyles differ from your own. Maybe the world would be a better place if everyone was just like you but that isn't going to happen.

♓ Pisces
Feb. 20 - March 20
You need to resolve a dispute with a loved one or co-worker and you need to do it right now. Say sorry and move on.

Crossword: Canada Across and Down by Kelly Ann Buchanan



Across
1. Toronto-born singer, Melanie __
6. Writer Ms. Tarbell's
10. Does in, hitman-style
14. Diplomatic delegate
15. 'John Hancock' is a famous one
17. Aristocracy
18. American fashion store opening this week in Calgary
19. Stand-up Mr. Cook
20. Piece from a pine
21. __ scheme (Investment fraud)
22. Where to eat lingonberry jam
24. Denzel Washington movie, "The Book of __" (2010)
26. Y-ending word's plural suffix
27. Complication
30. Genuine
32. Waters: Spanish
36. Many
38. Toss
41. Men Without Hats hit: 4 wds.
44. __-dieu (Prayer bench)
45. __ Saint-Luc, QC
46. Roman roads
47. Biblical mount
49. Pluses
51. Meditation sounds
53. High sch. math
55. #34-Down's comedy duo partner Mr. Marin
60. Some tomatoes
62. Russian river
65. Low-lying area
66. __-rich foods (Kefir, sauerkraut and miso soup, as examples)
68. Muffin alternative
69. Hit by #1-Across that goes "...to know how much I really love you...": 3 wds.
70. Pretty perfect
71. No: Russian
72. Tinted
73. Actress Laura's

Down
1. Nourishes
2. Groom's new relative
3. Pertaining to sheep
4. Esteemed
5. Nautically nae-not
6. Money Object link: 2 wds.
7. Singer of early-'60s hit "The Wanderer"
8. Harmonize
9. Audio [abbr.]
10. Sgt. Snorkel's comic strip dog
11. Canadian companies The Brick and Leon's sell it
12. Was overcome by stage fright
13. 18-wheelers
16. "A Dandy in __" (1968 spy movie)
20. Wolf Blitzer's network
23. Gas station name
25. __-majeste (High treason)
28. Moreover
29. "Something's __ Give" (2003)
31. Riot
32. Smartphone purchase
33. Half of Chef Ramsay's name
34. 1978 comedy starring current season of "Dancing with the Stars" Canadian comedian Tommy Chong and #55-Across: 3 wds.
35. James __ (Pulitzer-winning writer)
37. Afterwards...
39. Camera type, commonly
40. CFL feats
42. Environmental sci.
43. Hope
48. Herb type
50. Caesar's 650
51. "Should I wear the necklace __ __?" (Jewellery-owner's query)
52. Jerry's dad on "Seinfeld"
54. Brave
56. Duck
57. Gung-ho
58. Tidy
59. FOX's "__ Kitchen"
61. Somewhat: 2 wds.
63. Cold crystally coating
64. Perfected
67. Bygone
68. Tender

Friday's Crossword

Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku

4	8	1	2	6	9	5	3	7
7	3	9	4	5	8	2	1	6
6	2	5	1	3	7	9	8	4
2	5	3	9	1	4	7	6	8
9	4	8	3	7	6	1	5	2
1	6	7	5	8	2	3	4	9
3	9	2	8	4	1	6	7	5
8	1	6	7	2	5	4	9	3
5	7	4	6	9	3	8	2	1

Sudoku

3		9		1	7			2
	2		3					6
	1		5				9	
2							3	
		8	9		1	4		
	6							8
	5				6		7	
8					3		5	
4			2	5		1		

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